

AD-A254 372



## REPORT DOCUMENTATION PAGE

Form Approved  
OMB No. 0704-0188

Public reporting burden for this collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington, VA 22202-4302, and to the Office of Management and Budget, Paperwork Reduction Project (0704-0188), Washington, DC 20503.

1. AGENCY USE ONLY (Leave blank)

2. REPORT DATE

3. REPORT TYPE AND DATES COVERED

## 4. TITLE AND SUBTITLE

WIVES OF FIRST TERM SOLDIERS: an analysis of survey results

## 5. FUNDING NUMBERS

②

## 6. AUTHOR(S)

FLORENCE R. ROSENBERG, Ph.D.

## 7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES)

WALTER REED ARMY INSTITUTE OF RESEARCH  
WASHINGTON, DC 20307-51008. PERFORMING ORGANIZATION  
REPORT NUMBER

## 9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)

US ARMY MEDICAL RESEARCH & development command  
FT DETRICK, FREDERICK, MD 21702-501210. SPONSORING/MONITORING  
AGENCY REPORT NUMBER

## 11. SUPPLEMENTARY NOTES

DTIC  
S ELECTE D  
AUG 20 1992  
A

## 12a. DISTRIBUTION / AVAILABILITY STATEMENT

APPROVED FOR PUBLIC RELEASE:  
distribution unlimited

## 12b. DISTRIBUTION CODE

## 13. ABSTRACT (Maximum 200 words)

This report describes the results of a survey of 176 wives of first term soldiers at a single Army installation. The questionnaire includes items relating to attitudes toward military life, primary sources of problems and stress; coping; general well-being; social support; social interaction and demographic characteristics such as age, education, deployment status, number of children, etc. The survey is based on an earlier pilot study and incorporates some of the same variables as well as additional items.

92-23138



92 8 19 72

## 14. SUBJECT TERMS

First Term Wives, Army, family, stress, well-being, survey,  
social support, demographics, military

## 15. NUMBER OF PAGES

## 16. PRICE CODE

17. SECURITY CLASSIFICATION  
OF REPORT

UNCLASSIFIED

18. SECURITY CLASSIFICATION  
OF THIS PAGE

UNCLASSIFIED

19. SECURITY CLASSIFICATION  
OF ABSTRACT

UNCLASSIFIED

## 20. LIMITATION OF ABSTRACT

UNLIMITED

NSN 7540-01-280-5500

Standard Form 298 (Rev. 2-89)  
Prescribed by ANSI Std. Z39-18  
298-102

SGRD-UWI-A (360-5J)

MEMORANDUM FOR Deputy Director, WRAIR

SUBJECT: Clearance of Manuscript

1. Manuscript entitled: "Wives of First Term Soldiers: An Analysis of Survey Results"
2. By: Florence R. Rosenberg, Ph.D.
3. For publication in : Defense Technical Information Center (DTIC)
4. Recommended for clearance by: Frederick J. Manning  
COL. MS  
Director, Division of NP
5. Referral to \_\_\_\_\_ for Editorial Review.
6. Clearance recommended/not recommended.  
  
Editorial Board Member
7. Comments/changes:
8. Approved/disapproved for publication/presentation.

\_\_\_\_\_  
Director, WRAIR

REVIEWED BY DEPT MILPSY  
DEPUTY CHIEF FOR SCIENCE  
FORWARD FOR CLEARANCE  
RETURN TO ORIGINATOR

WIVES OF FIRST TERM SOLDIERS:

An Analysis of Survey Results

Florence R. Rosenberg, Ph.D.

Dept of Military Psychiatry,  
Walter Reed Army Institute of Research

Dept of Psychiatry  
Uniformed Services University of the Health Sciences

1992

DTIC QUALITY INSPECTED 6

Accession For	
NTIS	CRAN
DTIC	
USA	
Justice	
By	
Date	
A-1	

NOTICE: The views of the author do not purport to reflect the position of the Department of the Army or the Department of Defense (para.4-3, AR 360-5).

REVIEWED BY DEPT MILPSY  
DEPUTY CHIEF FOR SCIENCE  
FORWARD FOR CLEARANCE  
RETURN TO ORIGINATOR

## EXECUTIVE SUMMARY

This report describes the results of a survey of 176 wives of first term soldiers at a single Army installation. The questionnaire includes items relating to attitudes toward military life; primary sources of problems and stress; coping; general well being; social support; social interaction and demographic characteristics such as age, education, employment status, number of children, etc. The survey is based on an earlier pilot study and incorporates some of the same variables as well as additional items.

The crucial outcome variable in this study is the respondent's feeling about life as a military wife. This, in turn, correlates strongly with her attitudes toward retention, i.e., whether her husband makes the Army a career. Somewhat over one-third of the wives feel positive about being a military wife, 13% are negative and the remainder (over half) have mixed feelings. These mixed feelings may be due at least partly to the fact that military life is relatively new to them and thus, their feelings are not yet clearly defined.

1. Demographic Characteristics: The majority of respondents are young (under 24), married two years or less and about half have children. Age and age-related factors such as length of marriage relate positively to satisfaction with military life. On the other hand, employment status must be analyzed in conjunction with aspirations; there is little difference between employed respondents and non-employed who are not looking for work (i.e., are not in the labor market). Past military experience relates to satisfaction in different ways: respondents who had previous experience through family or through a former marriage tend to show higher satisfaction. However, those with personal military service are more likely to be dissatisfied; this may be due to the nature of the role of military wife compared to the previous role as an active soldier.

2. Initial Social Support: Only 15% of the respondents report that they had a sponsor on arrival on post and most of these are officers' wives. Over one-third of the wives describe receiving no initial support, e.g., in the form of meetings, personal visits, literature, etc. Early support is related strongly to later feelings toward military life. In terms of types of support that are particularly valuable, 43% of the respondents indicate that providing information or know-how would be the most valuable type of help for the newly-arrived wife. This is consistent with the results of the pilot study which showed the importance of instrumental support. The major providers of support are female, usually neighbors, unit wives or colleagues as work, school or church, in that order. Formal Army agencies rank low as providers of support.

The importance of early experience is manifest in the fact that women who had positive initial experience are much more likely to be satisfied with military life than those with an initially unpleasant experience (79% of the former are satisfied compared to 24% of the latter group).

3. Army Programs: Most first term wives are familiar with Army services and programs; 100% or nearly 100% acknowledge familiarity with the PX, commissary and medical services. About two-thirds indicate that they have sought help from an Army service with varying results in terms of satisfaction - 37% express satisfaction with the help received while the remainder either have mixed feelings or are dissatisfied.

4. Problems, Stress and Well Being: Two scales in the survey measure specific problems and general stressors related to military life. Scores on these scales reveal that most wives experience moderate, but not severe, problems and stress. Field duty and leaving one's family are the major causes of stress. Most wives find field duty at least a moderate stressor and nearly one-fifth state that it causes a great deal of stress. In terms of general well being, once again, the majority manifest moderately positive well being on a ten-item scale. All these scores (problems, stress and well being) are highly intercorrelated. With regard to marital satisfaction, the results are strongly skewed toward high satisfaction as only 13% indicate even slight unhappiness with their marriages.

5. Army-Family Interaction: A major factor in wives' satisfaction is their perception of Army attitudes toward wives and families. A score based on four items (respect for wives, concern for families, family life in Army and Army as a way of life) shows that 41% of respondents have a negative perception, 40% are unsure and only 19% take a positive view of the Army's attitude toward wives and families. Moreover, this score is strongly related to feelings about life as a military wife as well as to making the Army a career. Even when problems and stress are controlled statistically, the impact of perceived Army attitudes toward family remains very powerful.

6. Social Interaction: The survey measures both social networks and perceived social support. While there is little participation in formal organizations among first term wives, most describe at least moderate social interaction with friends and relatives. Furthermore, the majority of wives perceive high social support, both as recipient and as provider. In terms of well being and satisfaction with military life, social networks exert a stronger impact than does perceived social support.

## INTRODUCTION

This survey of first term wives represents an extension of a pilot study completed in March 1989 (Rosenberg). The pilot study consisted of qualitative interviews with a sample of 44 wives of first term enlisted soldiers at two Army installations. The interview included material on attitudes toward the Army and military life; feelings about the Army as a career; primary sources of stress and methods of coping; general well being; attitudes toward housing, neighborhood and community; social support, both informal and institutional; background factors such as education, socio-economic class, family and employment status. Most of the respondents were re-interviewed after approximately one year to evaluate changes in attitudes, well being and life circumstances.

The current survey stems directly from the pilot study, examining some of the same variables among a larger and more representative sample, including wives of officers as well as wives of enlisted men. In addition, a number of new subjects focusing on marital adjustment, social interaction, social stress and health care utilization have been introduced into the survey.

The original plan for the survey consisted of collecting longitudinal data over a two-year period in order to observe continual development, change and adjustment both to the Army and to life events. We intended to survey a large sample of respondents at several installations. However, the events of Desert Shield and Desert Storm have altered the original plan. We have now completed the first wave, confining the study to a single group of respondents at one installation. These respondents consist of Army wives whose husbands **did not** deploy to the Gulf; moreover, all of the questionnaires were completed and returned **before** January 16, 1991, the date the war actually started. Thus, this survey represents base data on a sample of first term wives not directly affected by Operation Desert Shield. The current plan is to re-contact these respondents by phone, interview them briefly and then administer a follow-up questionnaire about ten months after the initial survey. This second wave will focus on continuing problems, coping and adjustment to Army life, as well as the impact of Desert Storm on stress, attitudes and general well being.

## METHODOLOGY

As indicated above, the survey is an extension of an earlier pilot study of first term wives. Thus, the questionnaire focuses on many of the same variables in order to test the findings of the small-scale qualitative study on a larger sample. The survey questionnaire consists entirely of structured items with pre-categorized responses. However, respondents are given an opportunity to expand their answers in a comment sheet attached to each questionnaire and nearly half of the sample did volunteer comments on a wide range of subjects.

### Questionnaire

The questionnaire consists of items dealing with the following subjects: (See Appendix B for a complete copy of the questionnaire and associated material.)

- Attitudes toward military life and husband's Army work
- Problems and stressors related to military life
- Social support, informal and institutional
- Knowledge and use of Army services
- Social life
- Coping mechanisms
- Recent life events
- General well being
- Marital adjustment
- Health care utilization
- Personal characteristics (military experience, marriage, children, employment status, husband's rank, race, education, socio-economic and family background)

Most of this material was included in the pilot study in the form of unstructured questions. In addition, several scales have been introduced into the survey: e.g., social interaction, perceived social support, dyadic adjustment and recent life events. The general well being scale has been used in both the pilot study and the survey.

## Sampling Procedure

The sampling procedure for the survey proved to be extremely complex and time-consuming. Moreover, we found it impossible to follow probability sampling techniques. The sampling procedure described below represents an adaptation to practical concerns.

The first step consisted of obtaining lists of names from units in a mechanized infantry division at Fort Lawson;\* in addition, some associated units outside the division were included. The unit lists arrived in a variety of formats: some gave only the soldier's name; others also included rank of the soldier; some provided the name of the spouse while others used the name of the couple. The majority were in label form but a substantial number consisted simply of printouts of names and addresses. Almost all of the material included the home address of the soldier, spouse or couple. The total number of names provided was approximately 3150.

It was apparent that these lists and labels had to undergo rigorous screening and editing in order to construct a usable list of first term soldiers' wives. The initial editing consisted of eliminating all names that were clearly ineligible for the study which is limited to traditional couples (soldier husband and civilian wife). Thus, female soldiers and dual military couples were dropped from the lists. Since the sample is defined as wives of first termers, wherever possible, we eliminated enlisted soldiers over the rank of E4 and commissioned officers above the rank of lieutenant as it was highly unlikely that these senior ranks would include first termers. Finally, we could determine in some cases that soldiers were single and thus not eligible for the sample. This determination was based on a barracks home address or on an individual listing when others in the unit were listed as couples.

Through these procedures, we managed to shorten the list of names from 3150 to 2705. However, since many did not include rank or consisted of the wife's name only, further screening was essential. The second step consisted of a letter addressed to the wife, explaining the study and requesting her to fill out a form indicating whether her husband was in his first term and whether she would be willing to participate in the study (see Appendix A for a copy of the letter and form)

A total of 2705 letters and forms were sent to potential respondents with the following results: 18% (485) were returned by the Post Office usually because the addressee had moved leaving either no forwarding address or the forwarding address had expired (this indicates that the addresses were outdated). Where there was a forwarding address provided by the P.O., we

\* Fort Lawson is a pseudonym for the actual name of the post.



re-sent the letter (24 cases). A total of 499 women (18%) indicated that they were ineligible since their husbands were not first termers and a small group (1%) refused to participate. Of the original 2705, a total of 219 (8%) indicated eligibility and willingness to cooperate and this group made up the final sample. It should be noted that a sizeable number of women who were not eligible stated that they were most willing to participate in the survey, in some cases expressing eagerness. Unfortunately, we could not include them in a survey of first term wives.

It is apparent that this sampling procedure did not result in a probability sample since over half of the original letters and forms were not acknowledged or returned. The final sample of 219 consists of first term wives who were reachable by mail and who were willing to participate. We cannot determine how many of the non-responders actually received letters and what proportion of these were eligible for the study. Furthermore, sampling bias may be produced by the kind of self-selection used in the sampling process. That is, wives who are highly satisfied with military life may be more likely to reply to the screening letter and to participate in the study than their dissatisfied counterparts. Conversely, the reverse may be true producing a bias toward dissatisfaction.

Each of the 219 participating respondents received the following material within a few weeks after she agreed to participate: (See Appendix B.)

- Letter with an explanation and instructions
- Form indicating if she would like to receive information on the results of the survey
- Volunteer Agreement
- Survey
- Comment Sheet
- General Information Form identifying information and a contact person who would know respondent's address in the future
- Stamped return envelope

The majority of respondents completed and returned their questionnaires within a few weeks. Most filled out the General Information Form and also indicated they would like to receive results and about half added additional comments. Follow-up procedures were used for those who failed to return their questionnaires. Wherever possible, we telephoned them; in cases where there was no phone number or where it had been disconnected, we sent a second questionnaire with an accompanying letter.

The mailing started in October 1990 and continued through November. We set the end of the year as the cut-off date for return of the questionnaires. This was a fortunate decision as we avoided the start of the Persian Gulf War on January 16, 1991.

The final sample consists of 176 questionnaires. Of the original 219, two were eliminated for various reasons, one was undeliverable and two were returned too late, after the Persian Gulf War. (We felt that the war introduced new factors making these surveys non-comparable with the rest.) The reasons for the non-return of 39 questionnaires is at least partially due to moving; in a number of cases, phones had been disconnected indicating that the respondent was no longer at the address we had recorded. For the remainder, we have to assume possible loss of interest, lack of time, etc. It should be noted that when we could reach the respondent by telephone, she usually completed and returned the questionnaire. Although the final sample is relatively small compared to the initial list, it does meet our strict eligibility requirements. Moreover, respondents took it seriously, most of them answering all the items and a substantial percentage (about half) adding opinions, information, suggestions on the accompanying comment sheets. Despite the weaknesses of the final sample (size and possible bias described above), the study does provide valuable data on the life, problems and adjustment of the first term wife.

## RESULTS

### GENERAL ATTITUDES

The Army is concerned about the general feelings of Army wives, recognizing that retention of military personnel is affected by spouses' attitudes toward military life. Several questions in the survey bear on these attitudes: (Responses on a five-point scale for all items range from very satisfied to very dissatisfied.)

In general, what is your feeling about life as a military wife?

Please tell us how you feel about the following issues:

The kind of family life you can have in the Army.

How I would feel if my spouse decided to make the Army a career.

The Army as a way of life.

Two of these items (the first and last) examine general attitudes, the question on spouse's career relates to retention and the question on family life bears on military-family interaction. These questions addressed to first term wives provide base-line data on the early reactions of the military spouse to her new community and way of life. Subsequent iterations of the survey should make it possible to analyze change in general attitudes over time.

The responses to these four questions are summed up below:

	<u>Attitude</u>			MEAN
	<u>Very satis/ satisfied</u>	<u>Mixed or Unsure</u>	<u>Dissat/ Very dissat</u>	
...feeling about life as a military wife	35%	53%	13%	3.3
The Army as a way of life	37	34	29	2.9
...family life you can have in the Army	37	26	36	3.0
how feel if spouse decided to make the Army a career	45	29	25	3.1

We can see that the with regard to life as a military wife, the Army way of life or family life in the Army, somewhat over one-third are satisfied (in all three cases, the proportion who are "very satisfied" is relatively small, averaging 5-10%). However, a somewhat higher proportion, 45%, favor the Army as a career (with 17% highly favorable), suggesting that factors other than the general way of life may have an effect. Except for the first question, substantial minorities express dissatisfaction with Army life and with making the Army a career. On the general question about life as a military wife, it should be noted that the majority of first term wives have mixed feelings; this may be due to their relatively recent entry into military life so that feelings have not yet developed fully. The responses on these questions are scored from 1 for very dissatisfied through 5 for very satisfied; thus, 3 represents the midpoint indicating "mixed feelings" or "not sure." If we observe the means on each of these items, we see that they tend to cluster around the midpoint, from 2.9 for family life to 3.1 for retention. These results suggest that general attitudes toward the Army and toward military life are not very strong or well-defined, with many respondents manifesting mixed or unclear feelings on each of the issues.

We would expect these questions to be highly interrelated; three of them relate to general feelings about military/family life while the fourth reflects opinions about staying in the Army. The table below shows the correlation matrix for these four variables and, indeed, they are highly correlated with each other.

	Mil* Life	Family Life	Way of Life	Career
Military life	--	.60	.67	.59
Family life		--	.74	.63
Army as way of life			--	.83
Career				--

\*On some tables "life as military wife" will be abbreviated to "military life."

These are very strong relationships, ranging from .59 to .83. The strongest correlations are between "Army as a way of life" and each of the other variables, suggesting that this represents the overall view of Army life for the first term wife.

## FACTORS WHICH AFFECT SATISFACTION WITH LIFE AS A MILITARY WIFE

For first term wives, the status of "military wife" is highly salient as this is the way they are perceived in the military community. Moreover, for most of these women, this is a new and unfamiliar status, a major change from their former social identity as a student, daughter, employee, etc. The pilot study showed that most women had poorly defined perceptions of the status and role of the military wife; in some cases, they displayed resistance to the idea of a "role of Army wife" as distinguished from that of a "regular wife." We have observed that the majority in this sample (53%) are uncertain as to how they feel about being a military wife. In this section we will examine some of the demographic and structural variables that may affect these feelings. We are using satisfaction with life as a military wife as the single indicator of general satisfaction since it embodies both attitudes toward the role of military wife and toward military life. It should be noted that the variable "Army as a way of life" yields very similar results.

### 1. Demographic Factors

Age: Most first term wives are young adults. Sixty percent are 24 years old or less (5% of this group is younger than 20); thirty percent are between 25-29 and only 9% are over 30 years of age. The data show a clear linear association between age and satisfaction with life as a military wife; as age increases, the proportion who are satisfied increases as well. Thus, among wives under 25, 30% are satisfied or very satisfied; between 25-29, 40% are satisfied and among the oldest group (29 and older), 56% are satisfied. Conversely, the youngest respondents are most likely to be dissatisfied (38%); this declines as age rises to a low of 6% among wives 29 years and older. The proportion who have mixed feelings also declines with age from 63% in the youngest group to 38% of the oldest respondents.

Length of marriage: In this sample, the majority have been married two years or less (52%) while only 4% have been married more than ten years. It is likely that length of marriage is highly correlated with age. Similarly, the longer the marriage, the more likely the respondent will have a positive attitude toward life as a military wife. Approximately 30% of wives married 2 years or less are satisfied, compared with 35% who are married 3-5 years, 41% married 6-10 years and 71% of the longest married group, over 10 years. One possible explanation of these results is that a marriage of long duration is likely to be a happy one (or at least not severely unhappy). Happiness in this single life domain may foster satisfaction with life in general and, specifically, with life as a military wife.

Number of children: A substantial number of first term wives have no children (41%) and over 50% have one or two children. Only 8% have three or more children. These figures of course reflect the youth and relatively recent marriages of respondents in this sample. Satisfaction with military life declines slightly for those with one child as compared with the childless, declines further for women with two children and then rises sharply for the small group with three or more children. The explanation for these results may be based on the age of the children; women with one or two children are likely to be taking care of infants and pre-schoolers while the larger families may consist of older mothers with children in school. Earlier research has shown that young mothers of pre-schoolers are most vulnerable to feelings of dissatisfaction with life and to depression, feelings which would certainly affect attitudes toward military life (Pearlin, 1977).

Since time in the military is relatively constant for first term wives, these data suggest that age and age-related variables such as length of marriage and number of children have an independent effect on satisfaction. Possibly, the older respondents, through life experience, have developed coping skills and confidence in their ability to adapt to new situations.

Race: The great majority of respondents are white (82%) while 6% are black, 9% Hispanic and the remaining 2% classify themselves as other (most likely Asian and Native American). The table below shows differences in satisfaction among the groups.

<u>Mil Life</u>	<u>Race</u>			
	<u>White</u>	<u>Black</u>	<u>Hispanic</u>	<u>Other</u>
Very satisfied/ satisfied	33%	50%	38%	25%
Mixed feelings	54	40	50	50
Dissatisfied/ very dissatisfied	13	7	12	25
N =	144	10	16	4

The groups, other than white are small, but the data indicate that Blacks are more likely to be satisfied than are the other racial groups. They are also least likely to be dissatisfied or to have mixed feelings about life as an military wife. However, it is likely that Blacks are underrepresented in this sample; this underrepresentation has been typical of other research on military spouses. Furthermore, it is possible that self-selection among Blacks has resulted in a bias toward

satisfaction, i.e., satisfied Black wives were more likely to respond to the screening letter and to participate in the survey. In any case, because of the small number of Blacks in the sample, results are not conclusive but merely suggestive.

Education: About one-third of the respondents have a high school diploma (or GED), an additional third have had some college training and 10% have an associate degree (indicating completion of a 2-year college course.) Among the remainder, only 6% failed to finish high school and 11% achieved a bachelor's degree. The association between level of education and satisfaction as a military wife does not show a linear pattern. Generally, satisfaction rises with education through the associate degree level, then declines at the college degree level. Briefly, satisfaction is highest in the "middle groups," those who have completed high school or have some college training. One explanation for these findings is that moderately educated wives have better coping skills than the least educated; however, among the highly educated (college or more), military life may produce problems and frustration in carrying out career objectives.

Employment status: About half of the first term wives are currently employed, 32% full time and 18% part time. Their occupations concentrate in the traditional "female" categories: among the employed women, 34% have clerical or white collar jobs; 18% are in service occupations; 18% are in professions (e.g., nursing and teaching); 13% are managers or administrators and 9% have technical jobs. Women who are employed show somewhat greater satisfaction than the non-employed but these differences are not large. Among the non-employed, 31% are either very satisfied or satisfied with life as a military wife compared to 35% and 38% of those working part time and full time, respectively. In examining the relationship between employment status and satisfaction, we should take into account the respondent's aspirations. A woman who is not working because she wants to be home with her children may feel very differently from her counterpart who cannot find a job. Among the non-employed, we find the following distribution in terms of job aspirations.

	<u>Frequency</u>
Looking for a job at the present time	19%
Plan to look for a job in the next few months	29
Not looking for a job	52
N =	87

The table below compares satisfaction with life as a military wife among six sub-groups - employed full time; employed part time; not employed, looking for a job; not employed, planning to look; not employed and not looking; all non-employed.

## Employment Status and Satisfaction with Military Life

	<u>Employment Status</u>			<u>Not Employed</u>		<u>All Non-Emp</u>
	<u>Employed</u> <u>Full Time</u>	<u>Part Time</u>	<u>Looking</u>	<u>Plan to Look</u>	<u>Not Looking</u>	
<u>Mil Life</u>						
Very satis/ satisfied	38%	35%	38%	21%	35%	31%
Mixed feelings	50	61	31	62	54	52
Dissatis/ very dis.	12	3	31	17	11	16
N =	56	31	16	24	46	86

The most notable finding in these data is the variation in dissatisfaction among the non-employed wives - dissatisfaction is highest among those who are job hunting, declines sharply for those who plan to look for a job in the future and is lowest among those who are not looking. This suggests that non-employment in itself is not an important contributor to general satisfaction with military life. Rather, it is the combination of not working and desire to work (as measured by job seeking) that influences general satisfaction. Since case numbers are small, these data are only suggestive. It would be valuable to have data on aspirations of working wives as well, i.e., those who work because they want to and those who would prefer not to work but are working for other reasons, e.g., economic. These data would make it possible to compare working and non-working wives in terms of employment status and employment aspirations. We lack these data but we can compare general satisfaction among employed women (combining full time and part time workers) who like their jobs and those who do not like their jobs. Although the former are somewhat more likely than the latter to be satisfied with military life, the differences are not great. However, among those working full time, there is a considerable difference - 43% who like their jobs are also positive about military life compared with 32% who express job dissatisfaction.

In summary, the data on employment is complex as employment status, aspirations and work satisfaction all contribute to general satisfaction or dissatisfaction. Generally, the employed are more satisfied than the non-employed who want to work; among employed wives, job satisfaction contributes moderately to general satisfaction with life as a military wife.



Rank: First term soldiers tend to be concentrated in the junior ranks, both among enlisted and commissioned officers. The table below presents the distribution of ranks of spouses among the survey respondents. (The figures in parentheses represent the actual number.)

<u>Rank</u>	<u>Frequency</u>
PV1	1% ( 1)
PV2	1 ( 2)
PFC	18 (32)
SPC/CP	45 (78)
SGT	14 (24)
2Lt.	5 ( 9)
1Lt.	11 (20)
Other officer	5 ( 8)

N = 174

It should be noted that although sergeants were omitted from the original list, their presence here is explained at least partially by the time lag between the original screening letter and receipt and completion of the questionnaire. During this period, a number of soldiers reenlisted and were promoted. However, the questionnaire responses are based on the wives' recent first term experiences. In a few cases, first termers may have achieved senior ranks.

Because of the small number of cases in some categories, we will combine ranks into three groups: junior enlisted (PV1 through SPC); Sgt; commissioned officers. We then can compare differences among ranks with regard to spouse satisfaction with military life.

#### Rank and Satisfaction with Life as a Military Wife

<u>Satisfaction with Life as a Military Wife</u>	<u>Jr. Enl.</u>	<u>Rank Sgt</u>	<u>Officer</u>
Very satisfied/ satisfied	29%	21%	59%
Mixed feeling	52	75	41
Dissatisfied/ very dissatisfied	19	4	--
N =	113	24	37

This table reveals a generally positive association between rank and satisfaction with military life among wives. Dissatisfaction declines sharply between junior enlisted and the NCO ranks (19% to 4%); it should be noted that only a minority is dissatisfied even at the lowest rank. Satisfaction rises very sharply among wives of commissioned officers. Only sergeants' wives show some divergence from this pattern as the percent satisfied is less than for the junior enlisted level; however, most spouses of sergeants express mixed, rather than negative, feelings about military life. These mixed feelings may reflect the position of NCOs as in-between the enlisted and commissioned officer ranks. Furthermore, as indicated above, this is a group that has probably been promoted only recently so that wives' feelings about the new status have not yet developed. Since the number of cases is very small, we can only suggest this as an explanation.

## 2. Background in Military Life

The variation in satisfaction by rank cannot be attributed to longer experience with military life since all the respondents are wives of first termers (or recent first termers). However, among these wives, there is some variation in experience - in terms of background and time and circumstances of entry on post.

Military Experience: The survey includes a question on military experience or background of each respondent, i.e., whether they have served in the military themselves, whether they have a parent in the military or have previously been married to a military man. As expected, about three-quarters of the sample have no previous military experience, 7% have served on active duty or in the reserves, and nearly 20% have a military parent or previous husband in the military. When we examine the association between earlier military experience and general satisfaction with life as a military wife, an interesting finding emerges. The group showing the lowest level of satisfaction and highest dissatisfaction consists of wives with personal military experience, either on active duty, in the reserves or in the National Guard. Thirty-one percent of this group is dissatisfied compared to 12% and 9% of women with no experience or with family/marital military background, respectively. The explanation for this result may lie in status change. Women who have personally served in the military may perceive the role of military wife as a loss in status, as compared with that of soldier or other military position. This is consistent with findings in the pilot study which indicated that the role of military wife is poorly defined and often perceived as unimportant to the Army.

Entry on Post: Respondents indicate when their husbands were assigned to the present post, ranging from less than three months ago to over 24 months ago. Most of the very recent arrivals express mixed feelings about military life while wives whose husbands have been on post longest tend to be the most dissatisfied.

Possibly, a more significant question involves whether the respondent arrived on post with her husband or came later. The data show that wives who arrived six months or more after their husbands are much more likely to be dissatisfied; the figures below show the comparison between these late arrivals and those who arrived with their husbands.

<u>Satisfaction with Life as a Military Wife</u>	<u>Arrival on Post</u>	
	<u>With Husband</u>	<u>Six months later</u>
Very Satisfied/satisfied	39%	18%
Mixed feelings	53	53
Dissatisfied/very dissatisfied	8	29
N =	97	17

It is likely that arrival with husbands facilitates adjustment as certain welcome and orientation activities may be available to wives. When a wife arrives much later, her arrival may go unnoticed by welcoming agencies and personnel and, thus, she may not easily find any organized introductory resources or orientation activities. This finding is consistent with other military research (Martin, 1984a; 1984b).

### 3. Support Services

The questionnaire includes a number of items dealing with social support, both formal (unit and Army agencies) and informal (friends, neighbors, etc.). The pilot study indicated that there is considerable variation in terms of availability, knowledge and use of social support resources.

Initial Support: The data show that only a minority of respondents were offered certain types of support when they first arrived on post. Sponsorship usually involves assigning someone from the unit to assist the newcomers, i.e., show them around, answer questions, explain rules, etc. Results of the survey indicate that only a small group, 15% of the respondents, experienced sponsorship and that this is strongly associated with rank. Sixty two percent of the officers' wives, compared with 3% of the enlisted, had an assigned sponsor. In other words, among the small group who had sponsors (N = 26), 88% were wives of officers. Moreover, among those who had sponsors, very few found them helpful - over three-quarters said they were of very little or no help, 14% found their sponsors moderately helpful and only 9% describe them as very helpful. This supports the pilot study findings in which wives complained that assigned sponsors were often uninterested and simply going through the motions, rather

than really trying to help. The importance of effective sponsorship is demonstrated in the positive correlation between sponsorship and satisfaction with life as a military wife -  $r = .30$ , indicating a moderately strong association.

A series of items asks whether the respondent experienced each of the following types of welcome or support activities on arrival on post. The table below presents the percentage who respond "yes" on each of the items.

<u>Support Activity</u>	<u>Frequency</u>
I received a packet of material, brochures, maps, etc.	44%
Wives in the unit invited me to a party, coffee or other social function	33
I attended an orientation meeting or orientation tour was available to me	22%
A unit member or wife visited me at home	7%
Someone from an Army agency visited me at home	1%
Other	11%

It is apparent that less than half of the respondents received any kind of initial support (only 44% recalled that they were given printed material, the most frequent type of support activity). Personal contact with other wives, unit or Army personnel was relatively infrequent among this group.

We can construct a score, entitled "post experience" summing up the data on support activities described above. If a score of 1 is assigned to each type of activity, we find the following distribution:

<u>Post Experience Score</u>	<u>Frequency</u>
None	36%
One	30
Two	21
Three	10
Four	3
Five or six	0
N =	175

The single largest group, 36%, experienced no support/welcome activity, 30% experienced one type of support and about one-third of the respondents enjoyed two or more support activities. However, only a tiny proportion (3%) describe over three activities.

This score, which reflects initial experience of post support, shows a positive association with the outcome variable, satisfaction with life as a military wife. The correlation between general satisfaction and post experience score is .20, indicating a moderate relationship. Moreover, when we combine scores into categories as shown below, a strong association with overall satisfaction can be observed.

<u>Score</u>	<u>Category</u>
Zero	No help
1 - 2	Some Help
3 - 6	A lot of help

#### Initial Post Experience and Satisfaction with Military Life

<u>Satisfaction with Life as a Military Wife</u>	<u>No Help</u>	<u>Post Experience Some Help</u>	<u>Lot of Help</u>
Very satisfied/ satisfied	23%	36%	59%
Mixed feelings	59	53	31
Dissatisfied/ very dissatisfied	17	10	9
N =	64	88	22

We see that satisfaction rises as the number of initial support activities increases, from 23% satisfied among those who had no help to 36% for those who received some help and 59% for those who experienced a lot of help. Similarly, dissatisfaction is highest among those who had no help (17% compared to 10% and 9% in the groups having some help or lots of help, respectively).

The Army has been trying to establish outreach programs to reach respondents in the military community. Once again, most wives indicate that they were not reached by such programs. Only 27% were informed about outreach programs, 35% made contact with them and 30% have used them. There is an apparent inconsistency in these figures as more wives report contact with and use of outreach than report being informed about such programs. These data suggest that although some respondents were not initially informed about outreach programs, they later learned about them on their own and made use of them. The effect of knowledge,

contact with and use of outreach programs on general satisfaction with life as a military wife is not significant.

Types of Help or Support: There are various types of support which are available through formal or informal sources. Support may take the form of guidance, intimacy, emotional help or material assistance. We asked first term wives a) if they had received any of the following types of help regardless of source (the type of support is in bold letters) and b) which form of help would be most useful to a wife arriving on post.

<u>Type of Help</u>	<u>Received</u>	<u>Most Useful</u>
Someone who would <b>teach</b> me where things are....	14%	43%
Someone who would be a <b>friend</b> ...	20%	28%
Someone with whom I could talk about <b>personal problems</b>	13%	10%
Someone to help in... <b>emergencies</b>	27%	18%
Someone who would make me <b>feel good</b>	17%	1%

Once again, most wives did not receive any of these forms of help or support when they arrived on post. It is clear that instrumental support, i.e., someone to teach new arrivals where things are, how to get around, how to get things done is rated as most useful by the largest group of respondents (43%) yet only 14% indicate they received such help. These results are highly consistent with those of the pilot study which revealed that instrumental support was crucial for the newly arrived first term wife. Furthermore, although most wives indicated that they eventually learned their way around, they felt that their initial experiences as a military wife would have been more satisfactory had such support been available. It should be noted that most of these forms of support are correlated with general satisfaction with military life.

The data described in this section on initial support yield several conclusions: first, in every case, only a minority of respondents experienced various types of initial support; second, although all types of initial support are somewhat related to later satisfaction, sponsorship and welcoming activities have a particularly important impact on later satisfaction with life as a military wife; third, in the early stages of entry on post, instrumental support in the form of information, know-how, etc. is the most crucial need for first term wives.

Providers of Support: The survey includes several items relating to providers of initial support, i.e., who helped the respondent get settled, taught her to get around, etc. when she arrived on post. The results indicate that nearly two-thirds of the sample (63%) did not meet anyone who helped them in those ways. Among those who responded positively, the major providers of help are listed below.

<u>Providers of help</u>	<u>Frequency</u>
A female neighbor	36%
A unit wife	30
A woman at work, school or church	12
A male soldier in the unit	8
Representative of an Army organization	4
A unit husband	1
Other	9
N =	64

We see that the great majority received help from other women, either from the neighborhood, unit or community. Formal or official Army agencies rank very low as providers of help on arrival. It is not clear whether unit wives are formally "assigned" to help or whether they reflect informal acquaintance but neighbors and colleagues at work or church certainly represent an informal source of support.

Respondents also indicate whether they still have contact with this person. Sixty percent state that they are good friends, 11% indicate this person is available for help, 5% have contact only if they call and 24% report no contact at all. It is apparent that for many first term wives, these people act as mentors, providing initial help in various forms and, in many cases, continuing the relationship.

About 75% of the wives feel they have someone they can now call on for help, information or just to talk to (whether or not this is the person who initially provided help). As in the case of help on arrival, most of the wives (86%) indicate that the person they call now call on is another woman.

Impact of initial experience: In the pilot study, wives frequently described early experiences in the military community which strongly affected their general attitudes, usually in a negative sense. The survey asks respondents whether they had any experiences when they first arrived on post that have influenced their feelings about the Army and military. The results are shown below.

<u>Influential Experience</u>	<u>Frequency</u>
No such experience	30%
Had an experience	70
With good feelings	12%
With bad feelings	43
With mixed feelings	45
N =	122

Among the group who report such experience, the great majority (88%) describe either bad or mixed feelings. Most of these experiences relate either to husband's work (34%) or Army services (33%). The remainder had experiences involving housing, friends and neighbors or work.

We can examine the association between early experience and feelings about life as a military wife in the following table. These data refer only to respondents who report an experience, excluding the 30% who had no such experience.

#### Influential Experience and Satisfaction with Military Life

<u>Military Life</u>	<u>Feelings about Experience</u>		
	<u>Bad</u>	<u>Mixed</u>	<u>Good</u>
Very satisfied/ satisfied	24%	26%	79%
Mixed	50	63	21
Dissatisfied/ very dissatisfied	26	11	--
N =	54	54	14

It is clear that there is a strong association between feelings about early experience and about military life. In this case, it is reasonable to assume a causal direction as early experiences on post usually precede attitudes toward military life. We see that women who had bad feelings are much less likely to be positive about life as a military wife than are those with good feelings (24% compared with 79%). Results are similar but less striking for dissatisfaction with military life.



## ARMY PROGRAMS, FACILITIES AND SERVICES

The section above describes initial support and welcoming activities available to first term wives as well as their reaction to early experiences in the military community. The Army also provides a number of permanent facilities and services to soldiers and their families. The survey examines some aspects of familiarity with and use of these Army resources among first term wives.

Respondents are asked to indicate if they have heard about the following services and programs; the following table shows the percent who are familiar with each, in descending order.

<u>Army Service/Program</u>	<u>Frequency</u>
Post Exchange (PX)	100%
Commissary	99
Medical Service	99
Chaplain /ministry	82
Army Community Service (ACS)	79
Library	78
Recreational center or facilities	67
Employment service	64

It is apparent that the great majority of first term wives (all or almost all in some cases) are familiar with these services and facilities. Moreover, other research has indicated that facilities such as the PX, commissary and medical services are used by almost all Army families.

Several of these services (e.g., ACS, Chaplain) can provide help to Army families experiencing a variety of problems. The survey asks respondents whether they would consider consulting Army personnel or agencies for help with a problem. The majority (63%) say "it depends; in certain situations," and an additional 6% are not sure. On the other hand, only 21% say they would consult Army services and a smaller proportion, 10%, are sure that they would **never** consult an Army service.

Nearly two-thirds of the respondents indicate that they have consulted an Army service for help with a problem. Among these, the most recent problem commonly involves health (31%), followed by finances (19%), employment (12%) housing (11%) and marriage (10%). Smaller percentages of wives have had problems relating to children, husband's service and other issues. The data relating to satisfaction with help received from these services is presented in the table below:

<u>Satisfaction with Help</u>	<u>Frequency</u>
Very satisfied	9%
Satisfied	28
Mixed; not sure	28
Dissatisfied	18
Very dissatisfied	16
N =	109

Respondents split fairly evenly with 37% satisfied or very satisfied, 28% with mixed feelings and 34% expressing some or a good deal of dissatisfaction with the help they received.

There is some association between attitudes toward help received and overall satisfaction with life as a military wife. Respondents who are satisfied with help are more likely to express overall satisfaction than those who are dissatisfied or have mixed feelings (40% compared to 32% and 26%, respectively). It is interesting to note that those who **never** consulted an Army service for help are very similar to the satisfied as 38% express overall positive feelings. This suggests that not asking for help does not necessarily reflect an unwillingness to consult Army services; rather, it may simply indicate that the respondent does not have any serious problems.

## STRESS, COPING AND WELL BEING

The survey includes considerable material relating to specific problems and stressors of military life as well as the individual's usual methods of coping with these.

### 1. Problems, Stress and Coping

Initially, respondents are asked to evaluate a series of sixteen potential problems in terms of their severity. Problems refer to specific conditions of military life covering a wide variety of life domains. The problems are grouped under four headings with specific items as follows:

Husband's duty: duty hours, field duty, unpredictability of hours

Army family life: financial, losing friends on moving, frequent moves, lack of activities for wives, adequate housing, childcare, medical care

Education/career: finding a good job, completing education, developing a career

General demands: finding time to do everything, too much free time, conflicting demands.

Respondents rate each problem on a scale of 1 to 5, indicating "not a problem" to "very severe problem." Thus, total scores can range from a low of 16 to a high of 80. However, the distribution is skewed in the direction of non-severity; scores range from a low of 17 to a high of 62. The median score is slightly above 35, well below the theoretical midpoint of 47.5.

A second series of questions asks: "Since you have been a military wife how much stress has each of these factors caused you?" Stress, like problems, refers to conditions of military life, but focuses on individual reactions of psychological distress, rather than objective factors. Once again, responses range on a five-point scale from "none" to "a great deal." The table below presents the responses on this series of items.

<u>Stressor</u>	<u>Severity of Stress</u>		
	<u>Little or None</u>	<u>Some</u>	<u>Quite a bit/ A great deal</u>
Husband's hours of work	32%	38%	30%
Husband's field duty	31	29	40
Making friends	53	22	26
Getting settled in new community	45	31	24
Leaving my family	31	25	43
Finding a job	35	28	36

The social aspect of life apparently produces the least stress - only about one-quarter of the respondents find making friends or getting settled in a new community a serious source of stress. On the other hand, two-fifths describe husband's field duty as stressful and even more (43%) are stressed by leaving their families.

As in the case of problems, we can compute a score for stress based on these five factors, assigning a value of 1 for "no stress" up to 5 for "a great deal of stress." Thus scores can range from a low of 6 to a high of 30, the latter indicating severe stress on all six factors. Here, the distribution is fairly even, with scores covering the full range of 6 through 30, the median falling at 17, close to the midpoint of 17.5. If we divide the scores into three groups in terms of scores, we find the following distribution:

<u>Stress Score</u>	<u>Frequency</u>
Low stress (6-13)	21%
Moderate stress (14-21)	60
High stress (22-30)	19
N =	173

The majority of respondents reflect some stress on these six factors and the remainder divide fairly evenly between low and high stress.

## 2. Field Duty

Field duty apparently represents a major source of stress to wives of first term soldiers. Most soldier spouses go to the field at least several times a year, as the following table indicates.

<u>Field Duty - How often</u>	<u>Frequency</u>
Never	2%
Once a year	12
Several times a year	71
Once a month	10
More often than once a month	5

From these figures, it is clear that most respondents experience field duty occasionally and 15% experience it often. Moreover, field duty can last a considerable length of time:

<u>Duration of Field Duty</u>	<u>Frequency</u>
1 - 3 days	9%
4 - 6 days	17
7 - 10 days	15
11 - 14 days	21
15 or more days	38

About three-fifths of the wives report field duty duration of more than ten days and 38% indicate durations of over two weeks. Field duty is certainly a part of the life of an Army wife.

When wives are asked how they feel about field duty, over half say that it is O.K. and that they accept it most of the time. Only 4% indicate that they cannot accept it. The great majority (90%) feel lonely at least sometimes; two-thirds are bored sometimes or most of the time; and 63% feel scared at least some of the time. Surprisingly, nearly half (47%) of first term wives perceive field duty as positive some or most of the time, saying that "it is good to be apart sometimes." The pilot study similarly indicated that an occasional break was viewed by some wives as beneficial to their marriage.

We computed a score for attitudes toward field duty, assigning a value of 1 for favorable feelings felt most of the time (e.g., acceptance, good to be apart) " or, conversely, negative feelings (e.g., lonely, bored) felt never or almost never. Values assigned range up to 5 for negative attitudes experienced most of the time or positive attitudes never or almost never. Thus, a low total score reflects favorable (or not unfavorable) attitudes toward field duty while a high score indicates a negative attitude. Scores range from 5 to 20, with a median score of slightly over 13. The table below presents the distribution of responses, broken into three categories.

<u>Field Duty Score</u>	<u>Frequency</u>
Positive feelings (5 - 10)	21%
Moderate feelings (11 - 15)	51
Negative feelings (16 - 20)	28

N = 163

The median score of 13+ indicates that about half of the respondents are in the lower half (or more positive) range of scores. The majority fall into the middle range, suggesting that field duty represents a moderate, but not a severe, source of stress for most wives. As might be expected, the smallest group (21%) express generally positive feelings about field duty.

These results are corroborated by the data reported earlier in the sections on problems and stressors of military life. The figures below show how respondents rate field duty a) as a problem and b) as a source of stress.

#### Field Duty as a Problem and as a Source of Stress

Problem	<u>Not a problem</u>	<u>Slight</u>	<u>Moderate</u>	<u>Severe</u>	<u>Very severe</u>
	31%	26%	27%	12%	3%
Stress	<u>None</u>	<u>Little</u>	<u>Some</u>	<u>Quite a bit</u>	<u>A great deal</u>
	12%	19%	29%	21%	19%

Only 15% rate field duty as a very severe or severe problem while 31% say it is not at all a problem. The majority, over half, find it somewhat of a problem. As a source of stress, the largest group find it a source of some or little stress but only 19% say it causes as great deal of stress. These measures are not exactly equivalent but all generally indicate that field duty produces some or moderate problems and stress for most respondents.

### 3. Coping

When faced with a problem, the majority of first term wives (51%) try to deal with it themselves; an additional 38% try to solve it alone at first, and then talk to someone if this method fails. Only 10% initially deal with problems by talking to someone and 1% try to ignore problems.

On the survey, respondents indicate whom they talk to about problems (Note: they are asked to check off all the people they usually consult). It is clear that overwhelmingly, when respondents do talk to someone about problems, the person tends to be either their husband or their mother - almost 90% consult husbands and 51% talk to their mothers. Other support sources are friends in the area, other family members and friends from home but these are consulted much less than husbands and mothers. It is noteworthy that only 16% describe talking to their fathers, a proportion well below that for other family members. When husbands are away (e.g., in the field), mothers become the major support source (65%), followed by friends in the area (58%) and other family members (42%). Even when husbands are unavailable, fathers continue to rank low as only 19% of the respondents call on them when they need to talk to someone.

#### 4. General Well Being

The survey includes a general well being scale consisting of ten items, as follows: six items ask "how have you been feeling in general during the past month" in terms of spirits, stress, satisfaction, anxiety, illness and emotional stability; four items ask the respondent to place herself on a six point scale to indicate concern about health, tension, energy and depression. This is an adaptation of the General Well Being Scale developed by Dupuy (1977). (See Appendix B for a full copy of this scale.)

The responses are assigned values of 1, indicating a negative response in terms of well being through 6, indicating positive well being. Thus scores can range from 10 through 60, i.e., from very low to very high general well being (hereafter referred to as GWB).

Actual scores range from 10 through 58, with the distribution skewed slightly toward high GWB - the median score is approximately 36. If we divide total scores into three equal intervals, we find the following distribution of respondents:

<u>GWB Score</u>	<u>Frequency</u>
Low GWB (10 - 26)	14%
Moderate GWB (27 - 43)	63
High GWB (44 - 62)	22
N =	175

In terms of this score, it is apparent that the majority (close to two-thirds) of first term wives reflect moderate well being. Only a little over one-fifth score in the high range and an even smaller proportion are very low on general well being. These results are highly consistent with the data relating to stressors of military life, described above.

Marriage represents an area of life that may contribute to general life satisfaction and well being. The survey includes an extensive section dealing with marital satisfaction, both in general and with regard to specific aspects of marriage. The items dealing with marriage form a "Dyadic Adjustment Scale" (Spanier, 1976). At this point, we will examine only one item in this scale which requests the respondent to rank her marital happiness; the results are presented below.

<u>Degree of Marital Happiness</u>	<u>Frequency</u>
Extremely unhappy	2%
Fairly unhappy	7
A little unhappy	6
Happy	13
Very happy	32
Extremely happy	36
Perfect	5
N =	174

It is apparent that the responses are skewed very much toward the positive end of the scale. Only 15% rate themselves as unhappy while the great majority (73%) are at least "very happy."

Marital happiness apparently contributes to general well being; the correlation coefficient between the marital happiness question and the GWB score is .34, reflecting a fairly considerable association between these factors. It is likely that the complete score on Dyadic Adjustment (combining all items relating to marriage) would have a greater impact on general well being.

##### 5. Interrelationships among these Factors

This section has described responses among first term wives with regard to a number of psychological variables such as problems, stress, general well being as well as coping mechanisms and feelings about a particular area of stress, field duty. At this point, we can examine the interrelationship among some of these variables as well as their effect on overall feelings about life as a military wife. The matrix below presents the correlations among four scores described in the previous section: Problems, Stress, Feelings about Field Duty and General Well Being.

	Problems	Stress	Field	GWB
Problems	--	.71	.42	-.42
Stress	.71	--	.46	-.31
Field Duty	.42	.46	--	-.37
GWB	-.42	-.31	-.37	--

It is apparent that, in varying degrees, these factors are all associated with each other. The strongest relationship is clearly that between problems and stress. This is not unexpected as both relate to conditions of military life.



We also want to measure the association between each of these factors and the major outcome variable, feelings about life as a military wife. The table below presents these correlations.\*

Correlation with Satisfaction with Life as a Military Wife

Problems	-.43
Stress	-.45
Field Duty	-.32
GWB	.34

These figures indicate that each of these factors has at least some impact on overall feelings about military life. Stress and problems, which focus on all aspects of military life, have the strongest impact.

\*Negative correlations are the result of the scoring method. High scores are assigned to satisfaction with military life and low problems, stress and field-duty distress.

## ARMY - FAMILY INTERACTION

In the section above, we described the problems and stresses related to military life and their impact on overall feelings about life as a military wife. The questionnaire also includes a series of items directly bearing on wives' perceptions of the Army's attitude toward them and toward families, i.e., Army-family interaction. The table below presents these data in terms of wives' satisfaction or dissatisfaction with Army attitudes.

### Perception of Army Attitudes toward Families

	<u>Very satis./</u> <u>satisfied</u>	<u>Not sure</u>	<u>Dissatis/</u> <u>very dis.</u>
Concern my spouse's unit has for families	25%	23%	52%
Respect Army shows wives	24	18	58
Kind of family life you can have in the Army	38	26	36
How I would feel if my spouse decided to make the Army a career	45	30	25
The Army as a way of life	37	34	29

In each case, only a minority of wives have favorable feelings about the Army. The most negative perceptions involve Army attitudes (e.g., respect, concern) toward wives and families where over half of the respondents are dissatisfied. Perceptions of the Army way of life are considerably less negative while nearly half of the wives (45%) would be satisfied if their spouses made the Army a career. This suggests that factors other than Army-family interaction have an effect on career decisions, at least from the viewpoint of the soldier's wife.

Each of these variables has an impact on overall feelings about military life. The figures below show the correlation between each Army-family variable and satisfaction with life as a military wife. They are presented in descending order of magnitude.

### Correlation with Satisfaction with Life as a Military Wife

Army as a way of life	.67
Kind of family life...in Army	.60
Spouse make...Army a career	.59
Concern...unit has for families	.45
Respect Army shows wives	.43

These figures reflect powerful associations between overall satisfaction and evaluation of Army life as well as feelings about retention. The effect of Army attitudes toward wives and families, while not as strong as the above, is considerable. It is clear that wives' perceptions of Army-family interaction have a significant effect on their overall feelings about life as a military wife.

We can compute a score for these factors relating to Army - family perceptions. In this case the score will be computed on the basis of only four of the items. The question relating to making the Army a career is omitted as it reflects an **outcome** rather than a perception of Army-family interaction. On this score, respondents are assigned a value of 1 for negative perceptions (dissatisfaction) through 5 for positive feelings. Total scores range from 4 through 20. The median score is close to 10, indicating the tilt toward dissatisfaction. We can divide the responses into three categories as follows:

<u>Army-Family Interaction Score</u>		<u>Frequency</u>
Negative perceptions	( 4 - 9)	41%
Unsure	(10 - 14)	40
Positive perceptions	(15 - 20)	19

We see here that a minority of wives take a positive view of Army attitudes toward family and the Army way of life. The great majority are either dissatisfied with or unsure of Army-family interaction.

It would be likely that this group of attitudes which directly measure feelings about the interaction between family and Army would have a strong impact on two outcome variables: satisfaction with life as a military wife and feelings if one's spouse made the Army a career. We are also interested in the association between Army-family interaction and the scores on stress and problems. The correlation matrix below shows the interrelationships among a) life as a military wife; b) husband making the Army a career; c) Army-family interaction score; d) stress score; e) problem score.\*

\*Negative correlations result from the scoring method, i.e., a **high** score indicates high stress and problems while a **low** score reflects low satisfaction with military life and with the Army as a career as well as negative perceptions of Army-family interaction.

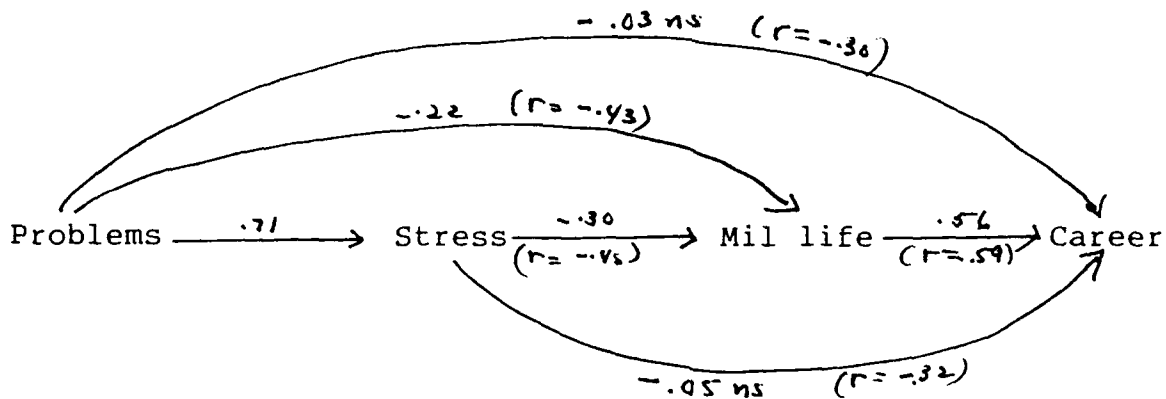
	Mil Life	Army a Career	Army- Family	Stress	Prob- lem
Life as Military Wife	--	.59	.69	-.45	-.43
Army a Career	.59	--	.65	-.32	-.31
Army-Family Interaction score	.69	.65	--	-.43	-.57
Stress score	-.45	-.32	-.43	--	.71
Problem score	-.43	-.31	-.57	.71	--

These correlations range from considerable to very strong. As noted earlier, feelings about life as a military wife and retention are closely associated ( $r=.59$ ); the four-item Army-family interaction score has a more powerful relationship with life as a military wife than does any single item ( $r=.69$ ); this score also correlates strongly with making the Army a career ( $r=.65$ ). It should be noted that the causal direction between satisfaction with life as a military wife and career is not clearcut. It appears that satisfaction is temporally prior to feelings about the Army as a career. However, it is also possible that, when a soldier decides to remain in the Army for economic or other reasons, his wife may be inclined to take a more favorable view of military life in order to mitigate any psychological distress produced by this decision.

The correlation matrix above includes the scores on stress and problems which are very closely associated with each other ( $r=.71$ ). As indicated earlier, problems represent "objective" conditions of military life while stress refers to subjective feelings of psychological distress. Stress and problems are negatively associated with military life satisfaction ( $r$ 's  $=-.45$  and  $-.43$ ) and with Army-family interaction ( $r$ 's  $=-.43$  and  $-.57$ ).

The model below represents a path analysis examining the interrelationships among these variables, excluding Army-family interaction. The exogenous variable is problems, a score based on the respondent's assessment of a variety of problems associated with military life. The intervening variables are stress (i.e., distress based on problems of military life) and satisfaction with life as a military wife. The dependent variable is attitude toward the Army as a career. The path model traces both the indirect (straight line) and direct (curved line) associations among these variables. The original zero order correlations are presented in parentheses. Paths that are not statistically significant are indicated by the letters n.s.

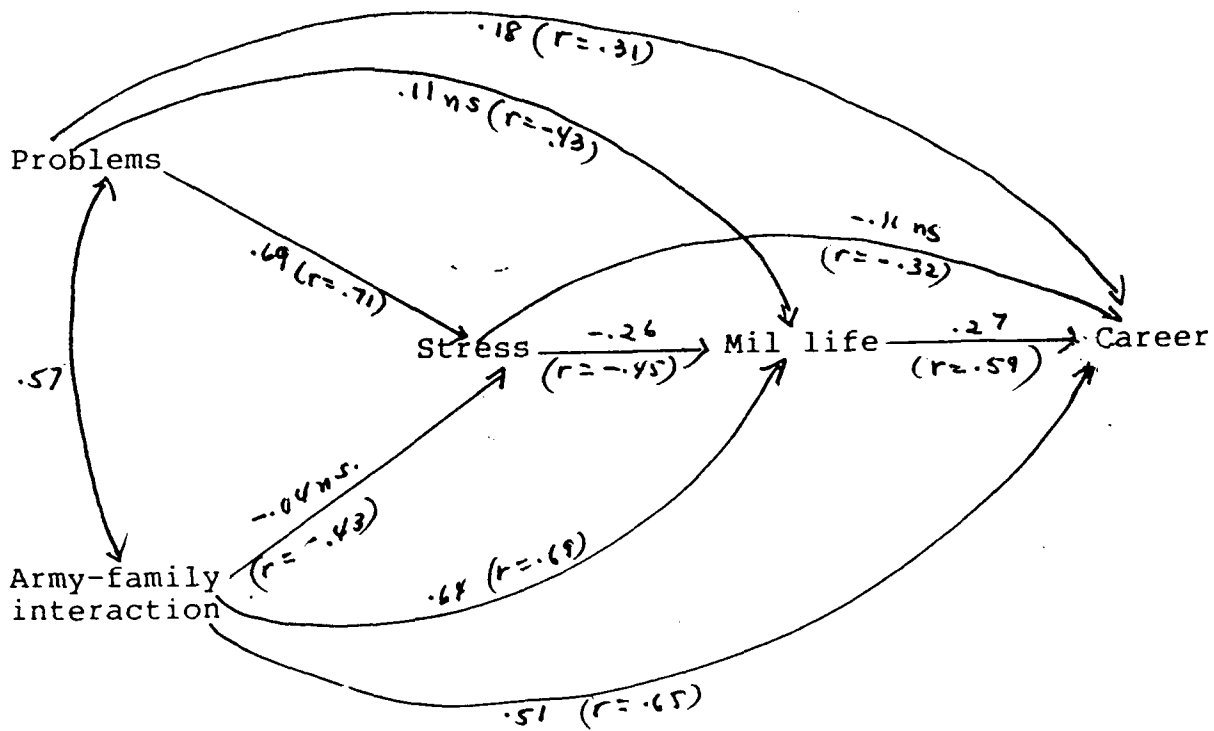
# MODEL A



This path model shows that problems affect satisfaction with military life in two ways: the first is through stress which, in turn, has an impact on satisfaction; the second way is indicated by the direct effect of problems on satisfaction ( $\text{Beta} = -.22$ ). Although the direct effect is less than the original correlation of  $-.43$ , controlling on stress does not entirely eliminate the effect of problems on satisfaction. Similarly, the initial correlation of  $-.45$  between stress and satisfaction is reduced to  $-.30$ , when problems are controlled. Thus, problems and stress each has an independent association with satisfaction. The results are different for making the Army a career. Problems relate to career largely through stress and satisfaction with military life with little direct effect ( $\text{Beta} = -.03$ ) and the same is true for stress and career when problems and satisfaction are taken into account ( $\text{Beta} = -.05$ ). On the other hand, satisfaction with life as a military wife and making the Army a career continue to show a very strong association, even when exogenous and intervening variables are controlled ( $\text{Beta} = .56$ ).

We can add the variable, Army-family interaction score, to this path model with the following results:

MODEL B



Model B indicates that both problems and Army-family interaction affect satisfaction with life as a military wife but in different ways. The effect of problems, when Army-family interaction is in the model, is largely through stress; the direct path from problems to military life is insignificant ( $\text{Beta} = .11$ ). On the other hand, Army-family interaction has a powerful direct effect on military life ( $\text{Beta} = .64$ ) and little association with stress when problems are taken into account ( $\text{Beta} = -.04$ ). The original correlation between Army-family interaction and stress is probably spurious, due to the fact that both are strongly correlated with problems. In other words, perception of the Army's attitude toward families does not produce stress in the absence of problems.

A similar picture emerges with respect to the Army as a career. Controlling on all other factors reduces the direct effect of problems on career but the impact of Army-family interaction, while decreased, remains strong ( $\text{Beta} = .51$ ). The relationship between satisfaction with life as a military wife and the Army as a career is reduced from  $r = .59$  to  $\text{Beta} = .27$  when other factors are controlled. This reduction is probably largely the result of the powerful direct impact of Army-family interaction on Army as a career. Finally, the direct effect of stress on career is non-significant when other factors are controlled ( $\text{Beta} = -.11$ ).

To sum up, this path model shows that problems are strongly related to stress but have little direct effect on satisfaction or career, in the absence of Army-family interaction or stress. Army-family interaction does have strong effects on both satisfaction and career, irrespective of stress and problems. The effect of stress on satisfaction with military life is reduced and its direct impact on career virtually eliminated when problems and Army-family interaction are accounted for. Finally, the strong association between satisfaction and career is considerably weaker when all the other variables are introduced into the model ( $\text{Beta} = .27$ ), probably due to the strong direct effect of Army-family interaction on career ( $\text{Beta} = .51$ ).

## SOCIAL INTERACTION AND FRIENDS

The pilot study revealed that friendships played a crucial role in the adaptation of first term wives to the military community. They tended to rely on friends, rather than on formal organizations (e.g. Army agencies) for social support. Furthermore, the few wives who were socially isolated suffered loneliness and low general well being. In the reinterviews, we also found that, over time, wives developed friendships and social networks in the community which enhanced their adaptation to military life.

The survey includes a number of items relating to social interaction, social networks and perceptions of friends and social support. Three basic questions ask a) how many close friends do you have; b) how many relatives do you feel close to; c) how many of these friends or relatives do you see at least once a month. The responses are presented in the table below.

	<u>None</u>	<u>1-2</u>	<u>3-5</u>	<u>6-9</u>	<u>10+</u>
Close friends	10%	40%	36%	10%	5%
Relatives close to	4	18	43	16	19
See once a month	26	44	22	5	2

It is apparent that most respondents have at least one or two close friends and relatives. In addition, the majority see close friends or relatives at least once a month.

The survey also asks whether respondents are active in any types of groups as follows. The figures indicate the proportion who said they are active in each type of group.

<u>Type of Group</u>	<u>Active in Group</u>
Social or recreational group	27%
Labor union, commercial group or professional organization	5
A church group	21
A group concerned with children (e.g., PTA, Boy Scouts)	14
A group concerned with community betterment, charity or service	13
Any other group	18



While the majority of respondents report close friends and relatives, only a minority is active in any type of organized group.

These responses on social interaction with friends, relatives and in organizations are combined into a complex social network score (Berkman and Syme, 1979). In a series of computations, this score a) combines close friends and relatives into a total; b) adds how many you see once a month to this total; c) includes marital status, in this case a constant since all respondents are married; d) assigns a value to church activity; e) combines activity in all other groups; f) assigns a value to each combinations of c, d, and e, resulting in a 12-point scale; g) reduces this scale to four score categories, as follows:

<u>Social Network Score</u>	<u>Frequency</u>
1 (Low social networks)	11%
2	37
3	35
4 (High social networks)	17
N =	166

The mean score of social networks falls almost in the middle at 2.58. Over 70% of the respondents are found in the middle categories (2 and 3) reflecting moderate to moderately high social networks. The relatively low participation in formal groups and organizations accounts for the small percentage who fall into the high social network category.

The questionnaire also includes a series of twenty items measuring perceived social support, both as a recipient and as a provider. This is a standardized scale developed by Procidano and Heller (1983). Items are phrased both positively (e.g., "my friends give me the social support I need," my friends come to me for emotional support") and negatively (e.g., "when I confide in friends, it makes me feel uncomfortable"). A complete copy of this scale is found in the questionnaire, Appendix B).

A value of 1 reflects a high perceived social support response (yes on a positive item, no on a negative item). Conversely, a value of 0 is assigned to yes on a negative item or no on a positive item; don't knows are assigned a 0 in all cases. Thus, total scores can range from 0 through 20, i.e., from low to high perceived social support.

Actual scores range from 1 to 20 and reflect a tilt toward high perceived social support. The median score is close to 14; and over 70% of the respondents score above the midpoint of 10.5. The table below presents the distribution in terms of high, medium and low perceived social support.

<u>Perceived Social Support</u>		<u>Frequency</u>
Low	( 1 - 7)	18%
Medium	( 8 - 14)	32
High	(15 - 20)	50
N =		175

These data indicate that about half of the respondents take a highly favorable view of their friends in terms of social support, i.e., they feel that their friends appreciate them, that they have close relationships with friends, that their friends offer them support when needed and, finally, that their friends receive support from them.

It is likely that social support and social networks are associated with each other. Individuals with denser or more extensive circles of friends and relatives are likely to perceive supportive relationships as well. Moreover, these variables dealing with social interaction may affect well being and overall feelings about military life. The correlation matrix below presents the associations among the scores on social networks (SN), perceived social support (PSS), general well being (GWB), and the outcome variable, satisfaction with life as a military wife (mil life).

	<u>SN</u>	<u>PSS</u>	<u>GWB</u>	<u>Mil Life</u>
Social Networks (SN)	--	.34	.35	.17
PSS	.34	--	.20	.07
GWB	.35	.20	--	.34
Mil life	.17	.07	.34	--

These correlations indicate some association among most, but not all, of these variables. Social networks and perceived social support show a considerable relationship to each other ( $r = .34$ ). Social networks is also associated with GWB ( $r = .35$ ) and the latter shows a modest, but statistically significant, relationship to perceived social support ( $r = .20$ ). Finally, the impact on general satisfaction with military life ranges from modest for networks ( $r = .17$ ) to negligible in the case of perceived support ( $r = .07$ ). Generally, these data indicate that the extent of social networks is a more powerful factor than perceived social support in terms of its impact on general affect and attitudes.

## DISCUSSION

The survey described in this report represents an extension of an earlier pilot study to a larger sample of wives of first term soldiers. The final survey sample consists of 176 wives at one Army installation. This report sums up a) the major descriptive findings of a survey of wives of first term soldiers b) analysis focusing on those variables that have an impact on satisfaction with the military way of life and c) the associations or correlations among many of these variables.

Several demographic factors tend to be associated with satisfaction with life as a military wife. Age, length of marriage and number of children all relate to overall satisfaction. The woman who is older, married a longer time and who has more than two children is more likely to be satisfied than others. It should be noted that all these factors relate to age indicating that women who are somewhat older tend to cope more effectively with problems and to adapt better to the military community. It should, however, be noted that the general age level is young so that "older" indicates 25 years of age or over.

Employment per se is not associated with general satisfaction with military life if we simply compare employed and non-employed women. It is necessary to take into account work aspirations. Thus women who are unemployed and want to work tend to be less satisfied than their employed counterparts. However, women who do not want to work do not differ from employed wives in terms of satisfaction.

Women with military backgrounds in terms of family of origin or a previous marriage also tend to show somewhat higher satisfaction. However, respondents who previously served in the military themselves tend to be the least satisfied in general. This may reflect their change in status from an active soldier to a military spouse whose status and role are somewhat undefined.

We have found that the term "moderate" is the best general description of the attitudes, problems and stresses of the first term wife. Wives tend to be moderately satisfied with life as a military wife; relatively few are clearly dissatisfied or very enthusiastic. In terms of the conditions related to military life, most respondents report a moderate, but not severe, level of problems and stress. Field duty is an important source of stress; most soldiers are on field duty at least several times a year and wives report loneliness, boredom and fear although most indicate they accept it and some feel it has a positive effect. General well being, like stress and problems, tends to be in the moderate range - almost two-thirds of the wives fall in the middle range of scores on a general well being scale. Marital

satisfaction, however, is skewed toward the positive. Only 15% describe themselves as even slightly unhappy while over two-thirds are at least very happy.

The factor that has the greatest impact on wives' feelings about the military is their perception of Army attitudes toward wives and families. Respect for wives, unit concern for families, family life in the Army and the Army way of life combine to form a score (Army-family interaction) that has a powerful effect on other attitudes. Moreover, this effect persists even if other factors such as problems and stressors are taken into account. Wives' feelings about retention (i.e., soldier making the Army a career) are influenced by stress and by general satisfaction but, once again, Army-family interaction is the most powerful factor on attitudes toward retention. In fact, controlling on this factor considerably reduces the impact of other variables on retention attitudes.

Army services, especially the commissary, PX, medical and chaplain services are used by the great majority of first term wives. Two-thirds of the respondents indicate that they have consulted Army services for help with a problem, most commonly involving health and finances. However, only a minority (37%) report that they were satisfied with the help they received.

Most respondents report little in the way of initial help, orientation, personal visits, etc. on arrival on post and most agree that the need for information (e.g., how to get around, how to get things done) would be most helpful. Wives receive help mostly from informal sources rather than from official Army agencies or personnel. In terms of coping with problems, first term wives tend to turn to their husbands if available or to their mothers. The majority have a positive perception of social support available to them and indicate that they have regular social interaction with at least a few friends and relatives.

These data were collected before the outbreak of fighting in the Persian Gulf and probably reflect peacetime attitudes as none of the husbands had deployed. A follow-up study will examine attitudes of the same group during and after Operation Desert Storm.

## REFERENCES

- Berkman, Lisa F. and S. L. Syme  
1979 "Social networks, host resistance and mortality:  
A nine-year study of Alameda County residents."  
American Journal of Epidemiology 109: 186-204.
- Dupuy, Harold J.  
1978 "Self-representations of general psychological well-  
being of American adults." Revision of paper presented  
at the meeting of the American Public Health  
Association, Los Angeles.
- Martin, James A.  
1984a "Life satisfaction for military wives." Military  
Medicine 149: 512-14.  
  
1984b "Unit-family cohesion." Soldier Support Journal  
Nov.-Dec.: 17-20.
- Pearlin, Leonard I.  
1975 "Sex roles and depression." In N. Datan and L. H.  
Ginsberg (eds.), Life-span developmental psychology:  
Normative life crises. New York: Academic Press.
- Procidano, Mary E. and Kenneth Heller  
1983 "Measures of perceived social support from friends  
and from family: Three validation studies."  
American Journal of Community Psychiatry 11: 1-24.
- Rosenberg, Florence R.  
1989 "The wife of the first term enlisted soldier: A study  
of socialization and role. Walter Reed Army Institute  
of Research, Washington, D.C.
- Spanier, Graham B.  
1976 "Measuring dyadic adjustment: New scales for assessing  
the quality of marriage and similar dyads." Journal  
of Marriage and the Family 38: 15-28.

## **APPENDIX A**



DEPARTMENT OF THE ARMY  
WALTER REED ARMY INSTITUTE OF RESEARCH  
WALTER REED ARMY MEDICAL CENTER  
WASHINGTON, D.C. 20307-5100



IN REPLY REFER TO:

SGRD-UWI-A

September 1990

SUBJECT: Survey of First Term Wives

Dear Military Wife,

The Army is concerned with Army families, particularly those of first term soldiers. We would like to gather some information about the first term wife - her problems, adjustment, the support that is available to her and her general feelings about military life.

We have developed a questionnaire which deals with these topics and we would like to ask your cooperation in participating in this study. It will be your opportunity to let us know how you feel about family life in the Army. The information will be used to identify problems and to help the Army plan programs that will benefit military wives and families. We want to emphasize that the information you give will be completely confidential and available only to the research staff.

Please indicate on the next page whether you are willing to participate in this survey and return this page in the enclosed prepaid envelope. Please advise us even if you are unwilling or if your husband is not in his first term of enlistment so that we will not contact you again.

Thank you for your cooperation and we look forward to your participation.

Sincerely,

*Florence R. Rosenberg*

Florence R. Rosenberg (Ph.D.)  
Senior Research Associate

PLEASE FILL OUT THIS SHEET AND RETURN IT IN THE ENCLOSED  
PREPAID ENVELOPE

\_\_\_\_\_ I would like to participate in the survey.

\_\_\_\_\_ I would not like to participate in the survey.

\_\_\_\_\_ My husband is not in his first term of enlistment  
(or initial obligation).

My name, address and phone number are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please fill in your name and address even if you will not  
participate so that we will not contact you again.



## **APPENDIX B**



DEPARTMENT OF THE ARMY  
WALTER REED ARMY INSTITUTE OF RESEARCH  
WALTER REED ARMY MEDICAL CENTER  
WASHINGTON, D.C. 20307-5100



IN REPLY REFER TO:

SGRD-UWI-A

SUBJECT: Survey of First Term Wives

Dear Military Wife,

Thank you for agreeing to participate in the survey of wives of first term soldiers.

Your views about the problems of adjustment, Army programs and the support available to first term families are very important to the Army. There are no right or wrong answers to our questions in the survey, only your beliefs, opinions and experiences.

The information you provide will be seen only by the research team and staff. Your individual answers will be combined with those of the other participants for reporting results. You are requested to provide your name and other information on the last page of the survey so that we can contact you in several months for a follow-up questionnaire. Only the research staff will know your identity. Your answers are treated as medically confidential information.

Please sign the Volunteer Agreement, fill out the questionnaire and mail them to us in the postage paid envelope. No additional postage is necessary. If you have any questions, you may contact me at (301) 427-5210 (collect) between 8:30 a.m. and 4:30 p.m., Monday through Friday.

Thank you for taking the time to answer these questions. You are making a valuable contribution towards the improvement of the quality of life for all military families.

Sincerely,

*Florence R. Rosenberg*

Florence R. Rosenberg, Ph.D.  
Dept of Psychiatry, Uniformed  
Services University of the Health  
Sciences and Dept of Mil Psychiatry,  
Walter Reed Army Institute of Research

If you are interested in receiving follow up information on this study please provide your name and address below.

I would like to receive follow-up information on this study:

YES \_\_\_\_\_

NO \_\_\_\_\_

If yes, please provide name and address below.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

THANK YOU FOR YOUR HELP!

## VOLUNTEER AGREEMENT

1. NATURE OF THE STUDY. The purpose of this research is to learn about the effect of military life on the wives of first term soldiers.
2. BENEFIT OF THE STUDY. You will have no direct benefit from this study. Information gathered in this study will help identify the stresses and problems involved in the life of the first term wife.
3. RISKS, INCONVENIENCES, AND DISCOMFORTS. Taking this survey involves no known risks, inconveniences or discomforts.
4. CONFIDENTIALITY OF RESEARCH RESULTS. All information about you and your answers obtained from this questionnaire will be treated as confidential information and protected by the Privacy Act statement of 1974. This information will be available only to the staff of the Department of Psychiatry, Uniformed Services University of the Health Sciences.
5. SAFEGUARDS. Taking this survey involves no known health risks which require safeguards. Results that are reported will be done in such a way that your answer given here cannot be associated with your name or any other identifying information.
6. ALTERNATIVES TO PARTICIPATION IN THIS STUDY. You have the right to withdraw consent to participate in this study at any time. If you decline to participate or leave the study, this will in no way count against you, and you will incur no loss of benefits to which you are entitled.
7. COST TO YOU FROM PARTICIPATING. The only cost to participating in this study is the time it takes to fill out the questionnaire.
8. VOLUNTEER STATEMENT. I hereby volunteer to participate in this research being conducted by the Department of Psychiatry, Uniformed Services University of the Health Sciences, Bethesda, Maryland. Should you have any question about this research project contact: Florence R. Rosenberg, Ph.D., Senior Research Associate or Robert J. Ursano, M.D., Col, USAF, MC, FS, Professor, Associate Chairman, Department of Psychiatry, USUHS, 4301 Jones Bridge Road, Bethesda, Maryland 20814-4799.

X

\_\_\_\_\_  
(Participant's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
FLORENCE R. ROSENBERG, PH.D.  
(Principal investigator's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
ROBERT J. URSANO, M.D.  
(Co-Investigator's Signature)

\_\_\_\_\_  
(Date)

# **SURVEY OF FIRST TERM WIVES**

**Department of Military Psychiatry  
Walter Reed Army Institute of Research**

**Uniformed Services University of the Health Sciences**

**SPRING/SUMMER 1990**

## **INSTRUCTIONS**

This survey will help the Army learn more about the stresses of being the wife of a first term soldier. There are no right or wrong answers to our questions, only your beliefs, opinions, and experiences. **PLEASE ANSWER ALL QUESTIONS AS HONESTLY AS YOU CAN!**

**THIS QUESTIONNAIRE IS COMPLETELY CONFIDENTIAL!**

**THANK YOU FOR YOUR HELP!**

**PLEASE USE A #2 PENCIL AND FILL IN THE BUBBLE WHICH CORRESPONDS TO YOUR ANSWER. PLEASE BE SURE TO FILL IN THE MIDDLE OF THE BUBBLE LIKE THE EXAMPLE BELOW. YOU DO NOT NEED TO FILL IN THE WHOLE BUBBLE!**

**PROPER MARK**



**IMPROPER MARKS**



**WE WOULD LIKE TO ASK YOU SOME QUESTIONS ABOUT YOU AND YOUR BACKGROUND**



**\*. Husband's Rank:**

- ☐ E-1 to E-4
- ☐ E-5 to E-9
- ☐ Warrant Officer
- ☐ Lt - Cpt
- ☐ Maj/Col/Gen or higher

**\*. Husband's Age:**

- ☐ Under 21
- ☐ 21 - 25
- ☐ 26 - 30
- ☐ 31 and over

**\*. How old are you?**

- ☐ Under 19
- ☐ 19 - 21
- ☐ 22 - 25
- ☐ 26 - 30
- ☐ 31 and over

**\*. What is your race?**

- ☐ Caucasian
- ☐ Black
- ☐ Hispanic
- ☐ Native Amer.
- ☐ Asian
- ☐ Other

**\*. What is the highest grade you finished in school?**

- ☐ Less than 12th grade
- ☐ 12th grade (high school diploma or GED)
- ☐ Some college (but no degree)
- ☐ Junior college graduate
- ☐ College graduate
- ☐ Some graduate work
- ☐ Graduate or professional degree
- ☐ Business/technical school

**\*. What kind of community did you grow up in?**

- ☐ Large city
- ☐ Suburb
- ☐ Small city or town
- ☐ Rural or farm area
- ☐ Other

**\*. What kind of residence did you live in most of the time that you were growing up?**

- ☐ House
- ☐ Town House
- ☐ Apartment
- ☐ Mobile home or trailer
- ☐ Other

**\*. What kind of residence are you living in now?**

- ☐ House
- ☐ Town house
- ☐ Apartment
- ☐ Mobile home or trailer
- ☐ Other

**\*. What kind of work did your father do most of the time when you were growing up? (If your father was not in the household, what kind of work did your mother do?)**

- ☐ Clerical; white collar
- ☐ Service worker (ex. waiter, beautician, etc.)
- ☐ Skilled; craftsman
- ☐ Semi-skilled; factory operative
- ☐ Unskilled; laborer (include farm laborer)
- ☐ Technical (ex. computer, medical, etc.)
- ☐ Professional (ex. teacher, accountant, doctor, etc.)
- ☐ Manager; administer
- ☐ Business or farm owner

**\*. What is the highest grade in school that your father completed? (If your father was not in the household, what was the highest grade your mother completed?)**

- ☐ Less than 12th grade
- ☐ 12th grade (high school diploma or GED)
- ☐ Some college (but no degree)
- ☐ Junior college graduate
- ☐ College graduate
- ☐ Some graduate work
- ☐ Graduate or professional degree
- ☐ Business/technical school

**\*\* Did your mother work most of the time when you were growing up?**

- ☐ Yes
- ☐ No

**\*\* How many sisters and brothers do you have?**

- ☐ None
- ☐ One
- ☐ Two
- ☐ Three
- ☐ Four or more

**\*\* Are you the oldest, youngest or in-between?**

- ☐ Oldest
- ☐ In-between
- ☐ Youngest
- ☐ Only child

# WE WOULD NOW LIKE TO KNOW SOMETHING ABOUT YOUR CURRENT LIFE



**\*\*.** Besides being married to a soldier, do you have any other experience with the military or as a member of a military family? (Darken all of the responses that apply to you).

- ☐ Served on active duty myself
- ☐ Served in the National Guard/Reserve
- ☐ Child of parent(s) in the military
- ☐ Previously married to a military service member
- ☐ No previous experience

**\*\*.** How long have you and your husband been married?

- ☐ Less than one year
- ☐ 1-2 years
- ☐ 3-5 years
- ☐ 6-10 years
- ☐ More than 10 years

**\*\*.** Is this your first marriage?

- ☐ Yes
- ☐ No

**\*\*.** How long ago was your husband assigned to this post?

- ☐ Less than 3 months ago
- ☐ 3-6 months ago
- ☐ 7-12 months ago
- ☐ Between 1-2 years ago
- ☐ Over 2 years ago

**\*\*.** Did you arrive on this post with your husband or later?

- ☐ With my husband
- ☐ Less than 1 month after my husband
- ☐ Between 1-3 months after my husband
- ☐ Between 4-6 months after my husband
- ☐ More than 6 months after my husband

**\*\*.** How many children do you have?

- ☐ None
- ☐ One
- ☐ Two
- ☐ Three
- ☐ Four or more

**\*\*.** Are any of your children in the following age groups? (Darken all of the responses that apply).

- ☐ Infants (less than 1 year old)
- ☐ Pre-schoolers (1-5 years old)
- ☐ Elementary school age (6-11 years old)
- ☐ Junior high or high school age (12-18 years old)
- ☐ More than 18 years old

**\*\*.** Are you having any serious problems with your children at the present time? (Fill in all that apply)

- ☐ Yes, Physical and health problems
- ☐ Yes, Behavioral and emotional problems
- ☐ Yes, School problems
- ☐ Other problems
- ☐ No

**\*\*.** Are you pregnant at the present time?

- ☐ Yes
- ☐ No

**\*\*.** Are you now working?

- ☐ Yes, Full-time
- ☐ Yes, Part-time
- ☐ No

**\*\*.** What kind of work are you doing?

- ☐ Clerical; white collare
- ☐ Service (e.g., waitress, beautician, etc.)
- ☐ Skilled; craftman
- ☐ Semi-skilled (e.g., Factory operator)
- ☐ Unskilled (e.g., laborer, farm worker)
- ☐ Technical (e.g., computer, medical, etc.)
- ☐ Professional (e.g., teacher, nurse, etc.)
- ☐ Manager; administrator
- ☐ Business of farm owner

**\*\*.** Do you like your job?

- ☐ Very much
- ☐ Quite a bit
- ☐ Moderately
- ☐ Not very much
- ☐ Not at all

**\*\*.** What is the main reason you are working?

- ☐ To earn money
- ☐ To get out of the house
- ☐ To keep busy, something to do
- ☐ To use my skills
- ☐ To meet people
- ☐ Other

WE NOW WANT TO FIND OUT SOMETHING ABOUT YOUR LIFE AS A MILITARY WIFE



**\*\*.** In general, what is your feeling about life as a military life?

- ☐ Love it, am enjoying it
- ☐ It's o.k.; not bad
- ☐ Not sure; mixed feelings
- ☐ Don't like it
- ☐ Hate it
- ☐ Don't know (ex. too new)

**\*\*.** On the average, how many hours a day does your husband work?

- ☐ Under 8
- ☐ about 8 - 9
- ☐ about 10
- ☐ over 10

**\*\*.** About how often does your husband work on weekends?

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Always

**\*\*.** Do you usually know or can predict what time he will come home?

- ☐ Most of the time
- ☐ Sometimes
- ☐ Rarely
- ☐ Never or almost never

**\*\*.** How do you feel about your husband's work conditions such as hours, field duty, etc.?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Mixed feelings
- ☐ Dissatisfied
- ☐ Very dissatisfied

**\*\*.** About how often does your husband go to the field?

- ☐ Never
- ☐ Once a year
- ☐ Several times a year
- ☐ Once a month
- ☐ More often than once a month

**\*\*.** When he goes to the field, about how long is he usually gone?

- ☐ 1 - 5 days
- ☐ 6 - 9 days
- ☐ 10 - 14 days
- ☐ 15 - 30 days
- ☐ More than 30 days

**\*\*.** How do you feel when your husband is in the field?

Fill in the most important feeling you have.

- ☐ O.k.; accept it
- ☐ Lonely
- ☐ Scared; afraid to be alone
- ☐ Bored, don't have enough to do
- ☐ Like it; good to be apart sometimes
- ☐ Other



Below is a list of problems that sometimes bother women whose husbands are in the military. For each problem, darken the response that best describes how you feel about each statement.

	VERY SEVERE PROBLEM	SEVERE PROBLEM	MODERATE PROBLEM	SLIGHT PROBLEM	NOT A PROBLEM
<b><u>HUSBAND'S DUTY</u></b>					
The duty hours my husband has	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My husband's field duty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to predict when my husband will get home at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b><u>ARMY FAMILY LIFE</u></b>					
The concern your husband's company has for families	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The respect the Army shows wives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The kind of family life you have in the Army	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How you would feel if your husband made the Army a career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being able to make ends meet financially	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Losing good friends when we (or they) move	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having to move every few years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The lack of activities for wives or families in this area	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Finding adequate housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obtaining suitable childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obtaining adequate medical care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b><u>YOUR EDUCATION/CAREER</u></b>					
Finding a good job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Completing my education or training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Developing a career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b><u>GENERAL DEMANDS</u></b>					
Finding time to do everything	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having too much free time on my hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conflicting demands I have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Since you have been an Army wife, what has caused you the most stress? (Fill in the bubble of the item that has been most important.)

- ☐ Husband's hours of work
- ☐ Husband's field duty
- ☐ Making friends
- ☐ Getting settled in new community
- ☐ Leaving my family
- ☐ Finding a job
- ☐ Other

**THE NEXT GROUP OF QUESTIONS REFER TO YOUR EXPERIENCES WHEN  
YOU FIRST ARRIVED ON THIS POST.**



When you first arrived on post, what was your experience?  
(Please fill in a bubble next to each of the following.)

	YES	NO
I received a packet of material, brochures, maps etc.	<input type="radio"/>	<input type="radio"/>
An orientation meeting or an orientation tour was available to me.	<input type="radio"/>	<input type="radio"/>
A unit member or unit wife visited me at home.	<input type="radio"/>	<input type="radio"/>
Someone from an Army agency visited me at home.	<input type="radio"/>	<input type="radio"/>
I had a sponsor who offered to show me around, provide information, etc.	<input type="radio"/>	<input type="radio"/>
Wives in the unit invited me to a party, coffee, etc.	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

**TYPES OF HELP OR SUPPORT**

When you first arrived on post, did you receive any of the  
following types of help?(Please fill in the YES or NO bubble  
next to each of the following.)

	YES	NO
a. Someone who could teach me where things are, how to get around, how to get things done.	<input type="radio"/>	<input type="radio"/>
b. Someone who would be a friend, companion, and spend time with me.	<input type="radio"/>	<input type="radio"/>
c. Someone with whom I could talk about personal problems.	<input type="radio"/>	<input type="radio"/>
d. Someone to help in specific emergencies or crises.	<input type="radio"/>	<input type="radio"/>
e. Someone who would make me feel good.	<input type="radio"/>	<input type="radio"/>

Which of the above types of help would be MOST USEFUL  
to a wife arriving on post for the first time?

a	b	c	d	e
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much did the people listed below help you in your  
adjustment to life as an army wife?(Please fill in a bubble  
next to each of the following.)

	Not at all	A Little	Some	Alot
My husband	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unit wife	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neighbor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sponsor assigned to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NCO or officer in unit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone from an Army agency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\*\* Did you have a sponsor assigned to you when you first  
came on post and if so how helpful was this to you?  
(Please fill in the bubble that applies to you)

☐ Yes, very helpful  
☐ Yes, somewhat helpful  
☐ Yes, slightly helpful  
☐ Yes, very little help or no help  
☐ No, I wasn't assigned a sponsor

\*\* Did you meet anyone after your arrival on post who  
helped you get settled, taught you how to get around  
and was generally available for help, support and just  
to talk to? (Please fill in the one bubble that most  
applies to you.)

☐ Yes, a female neighbor  
☐ Yes, a unit wife  
☐ Yes, a female soldier in the unit  
☐ Yes, a female representative of  
an Army organization  
☐ Yes, a woman at work, school, or church  
☐ Yes, a male neighbor  
☐ Yes, a unit husband  
☐ Yes, a male soldier in the unit  
☐ Yes, a male representative of an Army organization  
☐ Yes, a man at work, school, or church  
☐ Other  
☐ No

\*\* About how old was this person?

☐ Older than me  
☐ Younger than me  
☐ About my age  
☐ I didn't receive any help

\*\* Do you still have contact with this person?

☐ Yes, we are good friends.  
☐ Yes, this person calls me and is still available  
when I need help or information.  
☐ Not much contact; only if I call.  
☐ No contact at all.  
☐ I didn't receive any help.

**PLEASE CONTINUE TO ANSWER THE FOLLOWING QUESTIONS AS YOU DID  
ON THE PRECEEDING PAGE**



**\*\*.** Is there any one person now that you feel you can call on for help, information, or just to talk to?

- ☐ Yes, a woman  
☐ Yes, a man  
☐ No

**\*\*.** With regard to outreach programs sponsored by this post in nearby communities: (Fill in the bubble YES or NO next to each question)

	YES	NO
Were you informed of any of these when you arrived on post?	<input type="radio"/>	<input type="radio"/>
Have you made contact with any of these programs?	<input type="radio"/>	<input type="radio"/>
Have you used any of these programs?	<input type="radio"/>	<input type="radio"/>

**\*\*.** Did you have any experiences when you first arrived on post that have influenced your feelings about the Army and military? If so, how would you describe these feelings?

- ☐ Yes, I had an experience with good feelings.  
☐ Yes, I had an experience with bad feelings.  
☐ Yes, I had an experience with mixed feelings.  
☐ No, I didn't have an experience like this.

Did the experience in question \*\* involve:

- ☐ Husband's work  
☐ Friend's or neighbors in area  
☐ Your work or employment  
☐ Children  
☐ Housing  
☐ Army services  
☐ Other  
☐ No, I didn't have an experience like this.

**\*\*.** The following section asks you questions about major life events (such as death of a spouse, marriage, etc.) that may or may not have occurred in the time periods indicated. Please fill in 1 or more bubbles for each of the events listed below.

	DID NOT OCCUR	OCCURRED 0-6 MONTHS AGO	OCCURRED 7-12 MONTHS AGO	OCCURRED 13-18 MONTHS AGO
Death or significant illness of a family member	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Divorce or separation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marriage, birth of a child, pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Significant personal accident or personal illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work-related change or major change in finances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other life event not listed above	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please FILL IN THE BUBBLE that best describes how you feel:



How have you been feeling, in general, during the past month?

In excellent  
spirits

☐

In very good  
spirits

☐

In good spirits  
mostly

☐

Up and down  
in spirits

☐

In low spirits

☐

In very low  
spirits

☐

Have you been under or felt you were under any strain, stress or pressure during the past month?

Yes, almost more  
than I could stand

☐

Yes, quite a  
bit of pressure

☐

Yes, more than  
usual

☐

Yes, but no more  
than usual

☐

Yes, a little

☐

Not at all

☐

How happy, satisfied, or pleased have you been with your personal life during the past month?

Extremely happy,  
totally satisfied

☐

Very happy

☐

Fairly happy

☐

Satisfied,  
pleased

☐

Somewhat  
dissatisfied

☐

Very  
dissatisfied

☐

Have you been anxious, worried, or upset during the past month?

Extremely so, almost  
to the point of  
being sick

☐

Very  
much so

☐

Quite a bit

☐

Some, enough to  
bother me

☐

A little bit

☐

Not at all

☐

Have you been bothered by any illness, bodily disorder, pains,  
or fears about your health, during the past month?

All the time

☐

Most of the time

☐

A good bit of  
the time

☐

Some of the time

☐

A little of  
the time

☐

None of  
the time

☐

Have you been feeling emotionally stable and sure of yourself during the past month?

All the time

☐

Most of the time

☐

A good bit of  
the time

☐

Some of the time

☐

A little of  
the time

☐

None of  
the time

☐

How concerned or worried about your HEALTH have you been in the past month?

Not at all concerned

☐☐☐☐☐

Very concerned

☐

How RELAXED or TENSE have you been in the past month?

Very relaxed

☐☐☐☐☐

Very Tense

☐

How much ENERGY, PEP, VITALITY have you felt, during the past month?

No energy at all, listless

☐☐☐☐☐

Very energetic, dynamic

☐

How DEPRESSED or CHEERFUL have you been, during the past month?

Very depressed

☐☐☐☐☐

Very cheerful

☐

## WE WOULD LIKE TO KNOW SOMETHING ABOUT YOUR SOCIAL LIFE



**\*\*.** How many close friends do you have? (People you feel at ease with, and can talk to about private matters, and can call on for help.)

- ☐ None      ☐ 6-9  
☐ 1-2      ☐ 10 or more  
☐ 3-5

**\*\*.** How many relatives do you have that you feel close to?

- ☐ None      ☐ 6-9  
☐ 1-2      ☐ 10 or more  
☐ 3-5

**\*\*.** How many of these friends or relatives do you see at least once a month?

- ☐ None      ☐ 6-9  
☐ 1-2      ☐ 10 or more  
☐ 3-5

**\*\*.** During the last two months, were you active in any of the following kinds of groups? (Please fill in a bubble for each activity.)

	Yes	No
A social or recreational group?	<input type="radio"/>	<input type="radio"/>
A labor union, commercial group, or professional organization?	<input type="radio"/>	<input type="radio"/>
Church group?	<input type="radio"/>	<input type="radio"/>
A group concerned with children? (eg., PTA, Boy Scouts)	<input type="radio"/>	<input type="radio"/>
A group concerned with community betterment, charity or service?	<input type="radio"/>	<input type="radio"/>
Any other group?		

## WE WOULD LIKE TO KNOW WHAT YOU DO WHEN YOU HAVE PROBLEMS

**.\*** When you have a problem, how do you usually handle it at first?

- ☐ I try to deal with it myself.  
☐ I try to ignore the problem; not think about it.  
☐ I talk to someone about it.  
☐ If I can't solve it myself, I talk to someone.

If you talk to someone whom do you talk to?  
(Please fill in all that apply.)

- ☐ My husband  
☐ My mother  
☐ My father  
☐ Other family members  
☐ Neighbors  
☐ Friends in this area  
☐ Friends from home  
☐ Professionals from Army agencies  
☐ Professionals from civilian or community agencies  
☐ Other

**\*\*.** When your husband is away from home (for example, in the field) and you want to talk to someone, whom do you usually talk to? (Please fill in all that apply.)

- ☐ My mother  
☐ My father  
☐ Other family members  
☐ Neighbors  
☐ Friends in this area  
☐ Friends from home  
☐ Professionals from Army agencies  
☐ Professionals from civilian or community agencies  
☐ Other

## WE WOULD LIKE TO ASK YOU SOME QUESTIONS ABOUT ARMY SERVICES



**\*\*.** Below is a list of Army services and programs available to families. Please fill in the bubble of all those you have heard about.

- ☐ Army Community Services (ACS)
- ☐ Commissary
- ☐ Post Exchange (PX)
- ☐ Chaplain/ministry
- ☐ Employment service
- ☐ Medical services
- ☐ Recreational center or facilities
- ☐ Library
- ☐ Other
- ☐ I am not familiar with any of these services

**\*\*.** Would you consider consulting Army personnel or agencies for help with a problem?

- ☐ Yes
- ☐ Maybe; depends; in certain situations
- ☐ No, never
- ☐ Don't know; not sure

**\*\*.** If you ever consulted an Army Service or agency for help with a problem, which was your most recent problem about?

- ☐ Marriage
- ☐ Finances
- ☐ Housing
- ☐ Children
- ☐ Job or employment
- ☐ Health
- ☐ Husband's service
- ☐ Other
- ☐ I have never consulted any Army services for help with my problems

**\*\*.** How satisfied were you with the help you received?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Mixed; not sure
- ☐ Dissatisfied
- ☐ I never consulted

## WE WOULD LIKE TO KNOW SOMETHING ABOUT YOUR USE OF HEALTH CARE

**\*\*.** Have you obtained any medical care in the past three months? (Please fill in a bubble for each of the items listed below.)

	YES	NO
Annual physical	<input type="radio"/>	<input type="radio"/>
For physical problem(s)	<input type="radio"/>	<input type="radio"/>
For emotional or family problem(s)	<input type="radio"/>	<input type="radio"/>
I have felt in need of medical care but have not obtained any	<input type="radio"/>	<input type="radio"/>

**\*\*.** In the past three months, how many times have you visited your physician, medical clinic or hospital for an illness or medical problem?

- ☐ None
- ☐ Once
- ☐ Twice
- ☐ Three times
- ☐ Four or more times

**\*\*.** Has your doctor prescribed any medication for you in the past three months?

- ☐ Yes
- ☐ No

The statements which follow refer to feelings and experiences which occur to most people at one time or another in their relationships with friends. For each statement, there are three possible answers: YES, NO, DON'T KNOW. Please fill in the bubble of the answer that best describes your experience.

	YES	NO	DON'T KNOW
My friends give me the moral support I need.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most other people are closer to their friends than I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends enjoy hearing about what I think.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Certain friends come to me when they have problems or need advice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I rely on my friends for emotional support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I felt that one or more of my friends were upset with me, I'd just keep it to myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I'm on the fringe in my circle of friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is a friend I could go to if I were just feeling down, without feeling funny about it later.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends and I are very open about what we think about things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends are sensitive to my personal needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends come to me for emotional support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends are good at helping me solve problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a deep, sharing relationship with a number of friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends get good ideas from me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I confide in friends, it makes me feel uncomfortable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends seek me out for companionship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think that my friends feel that I'm good at helping them solve problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't have a relationship with a friend that is as intimate as other people's relationships with friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've recently gotten a good idea about how to do something from a friend.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish my friends were much different.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Most people have disagreements in their relationships. Using the scale below please indicate the approximate extent of agreement or disagreement between you and your spouse/significant other for each item. (Fill in the bubble of each item that best applies.)

1= Always disagree 2= Almost always disagree 3= Frequently disagree 4= Occasionally disagree  
5= Almost always agree 6= Always agree

	1	2	3	4	5	6
Handling family finances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Matters of recreation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Religious matters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Demonstrations of affection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex relations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conventionality (correct or proper behavior)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Philosophy of life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ways of dealing with parents or in-laws	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aims, goals, and things believed important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Amount of time spent together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making major decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Household tasks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leisure time interests and activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Career decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Use the scale below to answer the next group of questions.  
(Fill in the bubbles that apply to for each of the following)

1=Never 2=Rarely 3=Occasionally 4=More often than not 5=Most of the time 6=All the time

	1	2	3	4	5	6
How often do you discuss or have you considered divorce, separation or terminating your relationship?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you or your mate leave the house right after a fight?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how often do you think that things between you and your partner are going well?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you confide in your mate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you regret that you married? (or lived together)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you and your partner quarrel?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you and your mate "get on each other's nerves?"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you kiss your mate? (Fill in the bubble on the scale below that best applies to you.)

Never	Rarely	Occasionally	Almost Everyday	Everyday
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you and your mate engage in outside interests together?

None of them	Very few of them	Some of them	Most of them	All of them
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Please use the scale below to answer the following questions.

1= Never 2= Less than once a month 3= Once or twice a month 4= Once or twice a week  
5= Once a day 6= More often

How often would you say the following events occur between you and your wife?

	1	2	3	4	5	6
Have a stimulating exchange of ideas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Laugh together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calmly discuss something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work together on a project	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The two items below are some things which couples sometimes agree and sometimes disagree.  
Indicate if either item below caused differences of opinions or were problems in your relationship  
during the past few weeks.

	NO	YES
Being too tired for sex	<input type="radio"/>	<input type="radio"/>
Not showing love	<input type="radio"/>	<input type="radio"/>

The numbers on the line below represent different degree of happiness in your relationship. Please fill in the one  
bubble on the scale which best describes the degree of happiness, all things considered, of your relationship:

Extremely N-Happy      Fairly UN-Happy      A Little UN-Happy      HAPPY      Very Happy      Extremely Happy      Perfect

☐      ☐      ☐      ☐      ☐      ☐      ☐

Fill in the bubble of the statement below that best describes how you feel about the future of your relationship.  
(Fill in one bubble only.)

- ☐ I want desperately for my relationship to succeed, and *would go to almost any length* to see that it does.
- ☐ I want very much for my relationship to succeed, and *will do all I can* to see that it does.
- ☐ I want very much for my relationship to succeed, and *will do my fair share* to see that it does.
- ☐ It would be nice if my relationship succeeded, but *I can't do much more than I am doing* now to keep the relationship going.
- ☐ It would be nice if it succeeded, but *I refuse to do any more than I am doing* now to keep the relationship going.
- ☐ My relationship can never succeed, and *there is no more that I can do* to keep the relationship going.

## COMMENTS

If you would like to add any comments, opinions or information about the topics in the survey or the survey itself, please feel free to do so in the space below. Thank you.

## GENERAL INFORMATION

We may want to contact you in the future in order to see how you are getting along in military life. Could you please give us the following information so that we can reach you in the future. Remember that your name will not be attached to any of your responses.

Your Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Husband's Name \_\_\_\_\_

Husband's Rank \_\_\_\_\_

Last Four Digits of  
Husband's Social Security No.

— — — —

In case your husband is transferred or you move for some other reason, please give us the name of a relative or friend who would always know your address, so that we can get in touch with you.

Name of Relative  
or Friend \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_